Summer Practice 1

Practise on the days nothing special is happening! Do 2 or 3 things from each section.

Sitting Check Edge of chair

Jack-in-a-box feet

Hamster space

Button on breast pocket

Where should your spike be?

Remember the string puppet's strings Magnetic helmet - head floating up

Shoulders!

Bowing -

- do the BOWHOLD ROUTINE - check for the 'rabbit face' and make sure the smiley face on your wrist knob can see your eyes.

Choose 2 games every day and improve how you do them.

Caterpillars Change from arco to pizzicato bowhold

Circles on knee Pizzicato ovals over your knee
Head tapping "Roll the bow" over all 4 strings

Holes in the ceiling Tummy swings

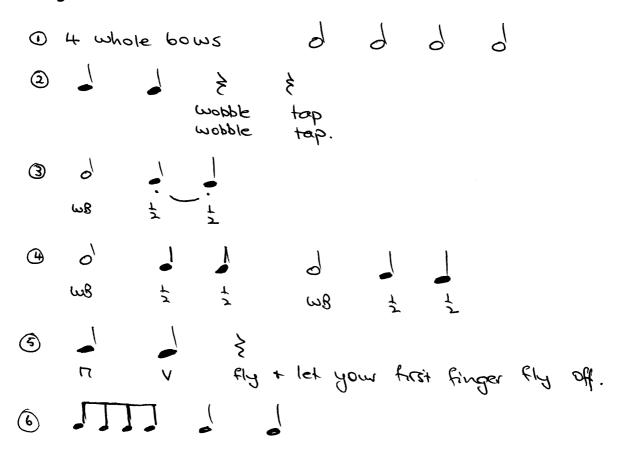
Roll the bow on the bridge Bow 'jumps' between tip and heel -

eyes shut!

BEWARE FOXES and KEEP RAILWAY TRACKS STRAIGHT

Try saying "hand out" when you go to a higher string and "hand in" when you go to a lower string.

Choose one of the following bowings and practise it on all four of your open strings.



- (7) \square bow circles
- (8) 'sofa' bows (V bow circles) let go with 1st finger & thumb
- (9) 'Zips' from heel to tip

Remember! Down bow (\sqcap) Undo hinge: Up bow (V) Drop elbow

Check: can the man riding your arm get on at the heel and hop off again when you get back?

Left Hand

Choose one game

- (1) Knuckle a tune
- (2) Tap the string with all four fingers make sure they lengthen into the string 'hippo mouth'
- (3)Tick-tocks
- (4) Long Drops and Answer the Telephone (between D & G)
 - (5) Find the mid string harmonics with your third finger
 - (6) Sick Cows (thumb straight across 2 strings arched fingers)
- Check That a gerbil could fit inside your hand
 That your thumb is under your second finger

Do 10 pluckflop bangs

(1) Pluck / flop

(3) Bang

(2) Check flop

(4) Check finger shape and that your thumb is not pressing

Which way is the 'fingerboard skin' moving?

Choose one of your octaves C, G or D

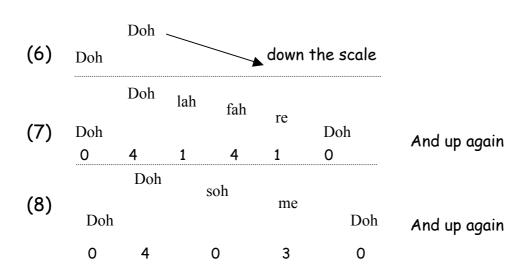
(1) Play the octave game (ten times)

Doh lah soh (ten times)

Doh te lah

(4) Doh soh

(5) Play (4) & repeat pattern on lower strings without a break



Pluck these first and then choose one of the bowings above and play going down the scale.

Make a really good sound so the cello sings.

Tunes to play and sing

Hang your ears on the wall and see if it is as in tune and singing as you imagined it would be.

(1) Pluck (2) Bow open strings (3) ALL AT ONCE